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**Laguna Honda's Unkindest Cut**

by Patrick Monette-Shaw

Efforts underway to de-skill Laguna Honda Hospital's (LHH) doctors and certified nursing assistants is the unkindest cut of all: Cutting medical care. De-skilling nursing home staff often precipitates a slide into sub-standard healthcare.

When newspapers reported the tragic murder-suicide at Oakland Springs Health Care Center nursing home involving a mother in failing health killing her brain-injured daughter, I was reminded of the *Observer's* September staff report about LHH's identity crisis and the so-called "Ja report" — which recommends replacing LHH's doctors with nurses, psychologists, and social workers in order to increase mental health and substance abuse services at LHH.

Diana Harden had filed a series of complaints over the care of her daughter Yvette at Oakland Springs, which unlike Laguna Honda is a "free-standing" nursing home (one not affiliated with a hospital). But like LHH, Oakland Springs has had more than its share of complaints lodged with the State. Among the 152 complaints against Oakland Springs in the past five years, several involved residents waiting days or weeks to receive medical care. A common thread linking the two stories is the need for sufficient in-house physician staffing in nursing homes.



As the new buildings emerge, so do serious concerns about the well-being of their residents

"Traveling" doctors serving free-standing nursing homes like Oakland Springs are only authorized to visit patients monthly, or every 60 days, unless patients have a documented medical necessity. Traveling MDs carry huge case loads, often covering more than one free-standing nursing facility.

By contrast, LHH has a staff of in-house MDs with relatively manageable case loads. LHH's consistent physician

Cont. p. 4

**RUMINATIONS FROM A FORMER SUPERVISOR**  
**Breaches, Bridges & Buses**

Within the past month, two disclosures reminded me of more history concerning San Francisco and the Bay Area. In order, one related to the West Portal Branch of our city-wide library system. In 2000 voters approved a general obligation city bond issue of \$106,000,000. That evidently wasn't enough; in 2007, tens of millions of dollars were additionally approved by San Francisco voters, long known for their admiration of San Francisco's library system. A recent examination and audit of the Department of Public Works (DPW) and the so-called "Branch Library Improvement Program" by the City Controller disclosed that not only was the West Portal Branch Library remodeling late in completion, but also costlier to taxpayers than the City's contract with the general contractor allowed. In bygone days, the Department of Public Works, under the leadership of the late Myron Tatarian and City Engineer Robert Levy of Lakeshore Acres insisted upon compliance with standard public contract provisions which included all monthly schedules of expenditures and completed work, rigid evaluation of change order requests and additional costs relating thereto and meticulous final inspections of the public project before acceptance by the City.



Regarding the West Portal Branch Library project, the City Controller discovered that the DPW had waived \$405,000 penalty payment required of the contractor for late completion of the project. Also discovered was a failure by the DPW to demand compliance with expenditure details, schedules or thorough final inspection. The Dept. of Public Works' excuse was that such taxpayer protections were "overly burdensome..." The investigation also revealed that DPW did not even verify the validity of the contractor's insurer, instead approving an insurance company which was in violation of state law. Mind you, this was an audit by the City Controller, not the famed Board of Supervisors Budget Analyst, Harvey M. Rose, whose time and effort since his first engagement by the Board of Supervisors in 1971 has produced tens, even hundreds of millions of dollars in savings for concerned taxpayers. In the post-WWII era of Controller Harry Ross and Controller Nat Cooper (his successor) it was common for controller audits to expose misspending. The advent of Mr. Rose inspired cooperative efforts by former Controller John Farrell. It is not fantasy to observe that episodes like those described

Cont. p. 4

**Big Changes Evident at SFPD**

By Jed Lane

On September 16<sup>th</sup> 2009 a group met for the first time at Ingleside station. This group is made up of involved citizens and is charged with advising the management of the station on the implementation of recommendations to modernize the department and improve community -police interaction. These changes are based on recommendations by the Police Executive Research Forum (PERF).

The PERF report, all 400 pages, was commissioned by the Police Commission a number of years ago. The goal was to look at all of the police departments across the country and bring back the best practices that would work in San Francisco.

The advisory board will be the voice of the communities contained in the Ingleside Station's boundaries. We are charged with bringing our discussions to our communities and bringing the voice of the community back to the Captain. Ingleside was chosen by Chief Fong as the test station because of its size and diversity. Ingleside encompasses neighborhoods from Noe Valley to Visitacion Valley. This community's needs and involvement with the force run the gamut from the issues in Miraloma Park to the issues of the Sunnydale housing project residents.

Many west side neighborhoods are in Park and Taraval station jurisdictions and we have been told that each will have advisory boards in the future. The new Chief is experienced in this style of citizen involvement, LA has been doing it since 1993, and he is a firm proponent of community policing.

Community policing is defined many ways, my definition is from another St Brendan's boy and retired SFPD

Cont. p. 15





# Raiding the Parking Meters

by George Wooding

San Francisco's new parking rates — higher parking ticket fines, new holiday parking rates and enforcement, and planned increases in parking meter operation hours — along with SF's higher sales tax (at 9.5%), pack a double wallop hurting neighborhood businesses, shoppers, drivers, and neighbors.

When it is less expensive for shoppers to drive to jurisdictions with lower sales taxes and free parking, City and local business revenue is bound to plummet just when needed most.

On July 1, San Francisco raised parking meter rates fifty cents hourly throughout the City. Parking locally now costs at least \$2.00 to \$3.50 hourly. Parking meter citations recently increased to \$50 – \$60 and are being vigorously enforced. Although San Francisco officials claim increasing parking meter rates and tickets will help local businesses by creating more turn-over in neighborhood parking spaces, empty store fronts are sprouting up all over town.

Steve Dawson, the president of the Inner Sunset Merchants Association states, "There is no question that the higher meter rates and longer operation hours will impact local businesses by pushing customers to shopping malls where parking is free and ticket worries vanish."

San Francisco's parking control officers issue at least three tickets every minute. At minimum, two million tickets will be issued this year, generating over \$100 million in parking revenue for the City. Some of this revenue goes to San Francisco's Municipal Transportation Agency (SFMTA), which runs the Municipal Railway, traffic control, and parking operations. The remaining revenue is returned to SF's general fund.

None of the money is used to support local businesses, despite earlier legislation.

The SFMTA had a \$129 million budget deficit this year, and will be extremely aggressive enforcing parking tickets and parking meter collections.

Although San Francisco claims its love affair with mass transportation, over 25% of SFMTA's income comes from fees on automobiles; San Francisco couldn't afford current mass transit without drawing heavily from parking revenue. This is no different than gambling money (the Lottery) being used to support education, or the tobacco settlement revenue dedicated to rebuilding Laguna Honda Hospital being used to balance the City's — specifically, the Department of Public Health's — budget. Without the revenue from punishing "bad for the environment, greenhouse gas-emitting San Francisco drivers," MUNI would likely go bankrupt.

The City has done little to help businesses already suffering from the economic downturn. The final straw may be SFMTA's current proposal to increase parking meter hours throughout the City. Reportedly, each neighborhood business district has been individually evaluated.

The length of meter operation times on West Portal will be increased from the current 54 hours per week, to at least 70. This includes Sunday's and later-evening parking fees. Castro Street and Columbus Avenue will see operating parking meter hours balloon from 80 to 90 hours per week. The SFMTA is solely responsible for making these decisions and is planning to start implementing them next year.

The SFMTA is not justifying its fee increases to San Francisco's 26,000 parking meters on a revenue-generating basis. Instead, it claims parking meter increases will be used to 1) Support commerce, 2) Help create availability, so that customers who drive can access businesses, 3) Allow the SFMTA to use time limits and prices to achieve "availability goals," and 4) Reduce double-parking and circling. SFMTA spared not one word about generating revenue.

The SFMTA assumes that higher turnover at parking meters will equate to higher merchant sales. There is no data or studies that support this flawed assumption. In fact, Oakland just extended longer parking meter hours and stringent new parking rules on July 1, despite many merchants noting their business is down by thirty percent. Oakland shoppers opposed the new parking enforcement hours, fees, and rules — and have stopped shopping at Oakland businesses, favoring instead shopping in nearby retail areas with lower parking costs.

San Francisco politicians take note: Disgruntled Oakland business owners are threatening to recall the Oakland City Council over the higher parking fees. Quoted in the September 24th Chronicle, Grand Lake Theater owner Allen Michaan said, "Disgusted doesn't even begin to describe how I feel about our City Council. This is a public shakedown. It's an extortion racket. I weep for Oakland and all the businesses that are going to close."

Between 1947 and 1987, San Francisco and its local merchant associations agreed to share parking meter revenue collected in neighborhood shopping districts. The City placed parking meters throughout neighborhoods, promising merchants that collected parking revenue would be used to help local shop owners. Collected fees were to be placed in an "Off-street Parking Fund." When the fund was first established it was agreed \$1.5 million would go annually to San Francisco's general fund and the remainder banked, until needed. Accumulated meter revenue was supposed to be used to build neighborhood parking garages and improve shopping districts.

But between 1987 and 1992, City politicians stabbed merchants in the back, looting all of the Off-Street Parking Funds (by at least \$23 million) and placing the money into the City's general fund.

In 1992, Stephen Cornell, the then-president of the San Francisco Council of District Merchants Associations wrote to Jack Molinari, then president of the Parking and Traffic Commission: "Our main concern is the taking of the Off-Street Parking Funds. Without going into much detail, we were very disappointed that Mayor Jordan took \$4 million out, after Mayor Agnos took \$6 million at the beginning of the fiscal year. We were really mad that \$8 million was taken from the upcoming year. With no money in the fund, nothing can be done for our neighborhoods!"

Seventeen years later, the City's promises to neighborhood business districts remain broken.

The San Francisco County Transportation Authority (TA) — run by San Francisco's Board of Supervisors — just released an on-street parking management study that proposes introducing neighborhood parking benefit districts (PBDs). According to Board of Supervisors President David Chiu, "The thrust of this study was really to emphasize that neighborhood-specific processes be set up *before* parking changes are implemented. If there are parking revenue increases, the study is recommending that the additional revenues somehow be farmed back into the neighborhood where those revenues were raised."

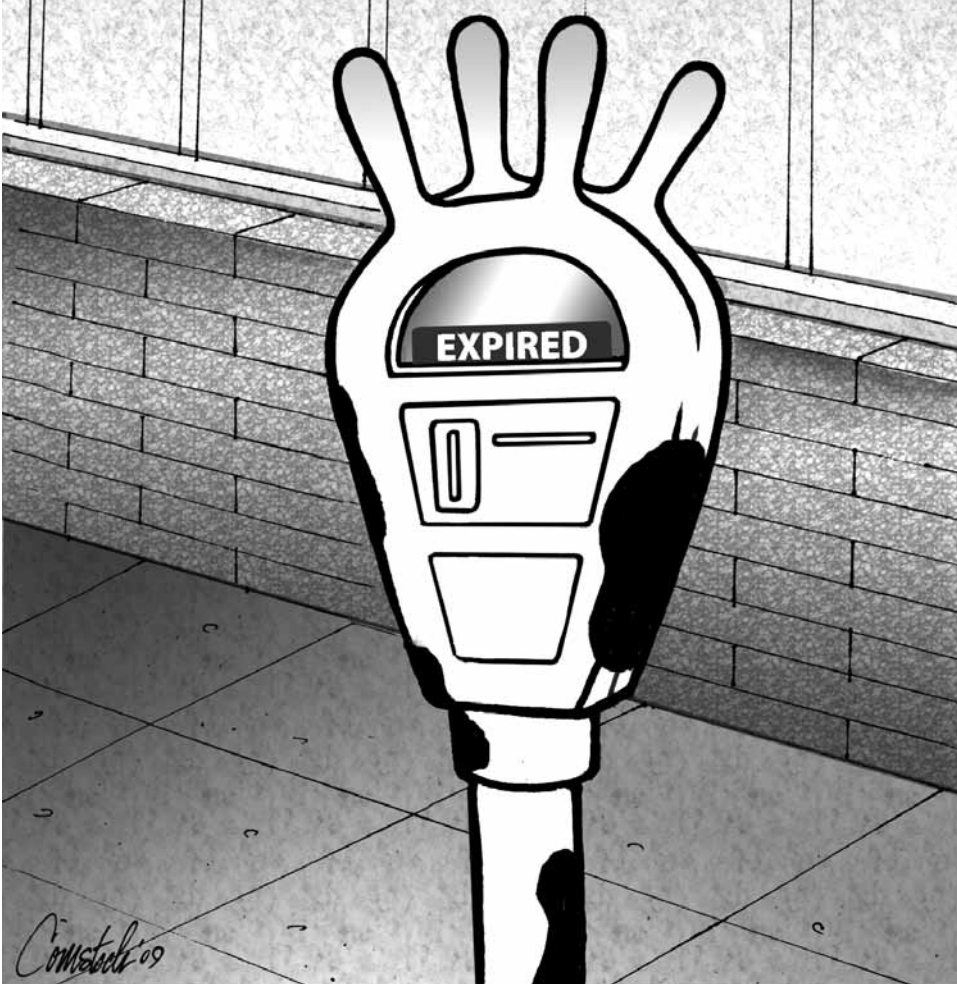
This is precisely what was taken away from neighborhoods in 1992.

Without any financial incentives, neighborhood merchant associations no longer support San Francisco's higher parking meter rates. Why should they? These businesses have little to gain, and a lot of business to lose to competing jurisdictions.

Once you take the carrot away from the stick, all you have left is the stick.

George Wooding is President of the West of Twin Peaks Central Council.

## URBAN PASTURES DEPT.



San Francisco Cow *Cashcowicus San Franciscii*

## AROUND THE TOWN *Comings and Goings...*

### From the Publisher's Desk...

**Parking, parking and more expensive parking...** the issue of parking was the hot topic at the quarterly meeting of the San Francisco Council of District Merchants Associations, held on the 21<sup>st</sup> of September at Clay Oven. Over 40 merchants from across the city attended the meeting to hear Supervisor Sean Elsbernd give an update on an MTA (Municipal Transit Authority) plan to extend the hours for parking meters.

Several plans are being floated for different areas of the city, but all have a central component; the hours that we will have to pay the meters will be greatly extended. There are proposals to extend the hours from 9-9 PM on Monday through Thursday, and until *midnight on Saturday*. Sundays will also be targeted for metering from 11-6.

It doesn't take a Berkeley scientist to figure out that people will go shop where there is free parking...the local malls; or just stay home and order over the internet. This will further reduce the business in our local neighborhood shopping districts and reduce the amount of permits and taxes that the city will receive. I am not sure how this will help "balance" the city budget. As for being "Transit First" I am sure that Serramonte Mall and Stonestown will be thrilled with the MTA "solution."

Of course City employees get to park for free...is this in the budget???

The City of Oakland also tried to balance the budget on the back of the local merchants with the extension of meter hours and increased rates. A merchant outcry was heard and the topic was revisited. This past week, the City Council in Oakland voted to uphold the fees, stating that balancing the budget was the most important issue... more important than any worries that the merchants have about staying in business. Way to go Oakland...send more business to Walmart.com.

San Francisco MTA reps...are you listening?

I have been reading a new book about the community of houses built from old cable cars, horse drawn cars, etc. It's called "Carville-By-The-Sea"- San Francisco's Streetcar Suburb, and is written by Woody La Bounty of Outside Lands Media, and the Western Neighborhoods Project. The book is a delightful and interesting history of an artistic bohemian community living in cable cars in the sand dunes East of Ocean Beach. It is scheduled for a publication release on November 1. Check out the website at [www.carville-book.com](http://www.carville-book.com).

Congratulations to everyone involved in the Chinese Immersion Education Project, which started at West Portal Elementary School 25 years ago and became the model across the country. There will be an anniversary celebration on Saturday, October 17<sup>th</sup> at 5PM at the West Portal Elementary School.

There's some question if the annual **Taraval Street Fair** will be held this year. The permit fees and associated costs have skyrocketed. Stay tuned for more information.

What about you? If you have an interesting snippet, or some other fact you'd like to get into the paper just drop it to us. You can reach me at: [mitch@WestsideObserver.com](mailto:mitch@WestsideObserver.com). Be sure to check out the *Observer* online @ [www.WestsideObserver.com](http://www.WestsideObserver.com).

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## OBSERVATIONS AND PREDICTIONS

By: Former Supervisor TONY HALL

In the May issue of this wonderful little newspaper, I discussed the parking meter increases and escalating issuance of parking citations that our city policy makers have forced on San Franciscans who choose to use their own auto as a means of transportation. Well, needless to say, it has now become such an abuse of power that many people are reacting and searching for ways to fight back against this new form of "taxation without representation." Once again we are being "conned" by our electeds as we have repeatedly been told that parking enforcement is all about the turnover of available parking spaces for customers of small businesses, and the encouragement of public transportation usage. Nothing could be further from the truth! Parking enforcement in San Francisco is first, foremost and last, only about the accumulation of revenue, revenue that is then poured into more useless and politically motivated programs that require more and more money to fund with no apparent end in sight or common benefit to be achieved.

Rather than repeat many of the examples and facts that I stated in my May column, I will comment on just a few of the ramifications that the more recent idiotic measures implemented by the Municipal Transportation Agency have resulted in.

Life in the western ring of the City, and especially here in District 7 is becoming increasingly more difficult because of parking control that has gotten out of control. As many of you know, the city is now issuing parking tickets for meter violations on most of our holidays. An unlucky few even received several tickets on this past Labor Day much to the embarrassment of the MTA. A disproportionate number of tickets are issued to Westside residents both as meter violations and on-street time limit violations simply because the Dept of parking and Traffic knows that generally, homeowners are a much easier target to both police and collect from. Homeowners are much more responsive to any type of fee or fine because they live here, and unlike tourists, visitors and renters, they are easy to locate should they not pay within the allotted 30 days. They are usually too busy with regular day jobs to take time from work to go downtown to protest a ticket. By and large they prefer to have as little to do with the punitive and harassment aspects of a dysfunctional local government as possible, so they pay the "tax" and put it behind them as quickly as possible.

Any retail business owner in any San Francisco neighborhood will tell you that one of the biggest impediments to the success of their business is the lack of available and adequate parking for their daytime customers. With \$3.50 per hour meters and one hour time limits, (in many places just 20 minutes!) the MTA has done a masterful job in destroying small business and more and more shoppers flee to the suburbs to avoid the harassment. Now that our elected geniuses want to extend parking meter hours to 8 or 10 p.m. in a desperate effort to make up for their excessive spending that has caused the City to be a half a billion dollars in debt, they can embark on their mission to destroy movie theaters, restaurants, and all remaining forms of nighttime entertainment that our lifeblood—tourism—enjoys.

Time limits for residential street parking permits are being reduced from 4 hours to 2 hours in many neighborhoods

under the guise of discouraging outsiders from parking there. The DPT is more than anxious to impose these permits because of the easy revenue generated. In many cases, residents were not even informed, surveyed or aware that their street was to be permitted, it just "happens" because "somebody" supposedly complains. Many people have come to me in the past six months to inquire as to how they can rid their streets of permit parking because they now realize that it's not about keeping unwanted day parkers out, but an enormous source of revenue to the City. Rates are currently about \$78.00 per year per car for street parking stickers but I can assure you that they will skyrocket under this administration. In Boston and Seattle, rates for permit parking on the street where you live can go as high as \$5000 to \$10,000 per year per car so I am sure our mayor will be looking to them to cite his beloved "best practices."



The latest gimmick to raise dollars at the expense of drivers is the blatantly obvious speed traps that have sprung up around the Westside. Over-staffed with cops who obviously aren't directed to do something better with their time, these strategic "entrapments" seem to be designed to snag unaware and in most cases, local or older drivers who may be outright "dangerous criminals" because they dared exceed the newly posted limits by a mile or two per hour, or failed to stop abruptly because a decoy has put a foot in a cross walk. Give us a break guys, there's bigger fish to fry out there!

You might have read in the daily where the Oakland City Council is expected to roll back extended meter hours, increased rates and "ravenous ticketers" to avoid a revolt and recall of council members. (Chron: 9/21/09). They recently extended meter operation until 8 p.m. Their average meter cost per hour is less than \$2.00 or about half the cost in S.F. Apparently the elected there are a bit more responsive to the cries of the people, who themselves seem to be a bit more concerned about how they are being ripped off. Perhaps they have discovered what the old-timers in the S.F.'s municipal court knew long ago—if you raise rates too high, you reach a point of diminishing returns. The revenue collected no longer matches the effort to penalize and collect. Rather than hold the line or cut back, administration novices here tend to keep raising rates so that they can spend more, because that is all they really know how to do. Folks, Its time to make your feelings known.

### OBSERVATIONS and PREDICTIONS:

1. It just came out in the news that the Obama administration does not favor turning Treasure Island over to the City for little or no cost. It is obvious that there are certain costs involved to the Navy for toxic clean up and they would like their costs to be covered. What is not revealed is that after the very embarrassing ACORN scandal, the administration does not want to be linked to giving such a valuable real estate gift to a group that controls the island's development that is rife with corruption and the financial interests of very high ranking public figures.
2. As many of the residents of District 7 are now noticing, the potholes are starting to reappear on recently repaved streets. This was predicted as far back as the 1980's in a report produced by then Chief Administrative Officer Roger Boas. He correctly predicted that unless the aging under surface infrastructure is dealt with properly, such street problems would reoccur at an ever-increasing rate. Hundreds of millions of dollars have been wasted by this administration in an effort in to make things "look good" but not really fix the problem.

## West of Twin Peaks Central Council News & Views

By Mitch Bull

The West of Twin Peaks Central Council (WOTPCC) ended their summer hiatus on Monday, September 28th with their first meeting under the newly elected leadership. George Wooding officially took the reins as President, succeeding Dan Dutil, who remains of the board as Vice President. Carolyn Squeri, Treasurer, Rae Doyle, Secretary and Avrum Shepherd as Parliamentarian round out the council board.



Council President Wooding opened the meeting at 7:30 PM in front of a large crowd of about 35 attendees. The minutes from the July meeting were approved and Squeri gave the Treasurer's report that was also approved by the group.

SFPD Officers Dean Lee and Michael Pheng then gave the police report, alerting the crowd of a suspected sexual predator that has been hanging around local schools. The officers described the suspect as a Filipino male, who is in his late 20's or early 30's and has been asking children to get into his car for a ride. The SFPD has been conducting operations to try and catch the suspect, but have had no success so far. The suspect has been seen driving a white, 4 door, Toyota Corolla. If anyone spots a person and vehicle fitting this description please report it to the SFPD immediately.

Rae Doyle also reported that her wallet was snatched from her hand while at her car and thanked the police for their rapid success in catching the thief. It turns out that several people had witnessed the theft and called with information so that the robber was apprehended within 30 minutes. In an interesting side note, Doyle reported that her wallet had more paper money in it when it was returned than when it was taken.

The officers stressed that without active calls from citizens who witnessed the robbery; the police wouldn't have had enough information in a fast enough timeframe to catch the assailant.

The policemen closed their presentation with the details of a sting targeting drivers who fail to yield the right of way to pedestrians that is being conducted on Taraval (at Funston). In the last month alone, an officer walking in the crosswalk has been able to ticket over 100 drivers for failing to yield to pedestrians. Feedback from the neighborhood indicates that the sting has helped drivers to slow down and honor the law of giving pedestrians in the crosswalk the right of way by stopping.

Wooding then addressed the group with a list of "Old Business" items that the group will have to review in the near future to drum up volunteers for several WOTPCC Committees, such as Communications, Planning and Land Use and others.

Matt Chamberlain, who has chaired the Planning and Land Use Committee (and is currently the only member) asked for volunteers to join him, as important issues/projects such as Ardenwood, the Housing Element, Parkmerced, need to be reviewed prior to being commented on. He read a paragraph on "Secondary Housing Units" from the (77 page) Abbreviated Housing Element Summary that underlined the point about civic involvement.

Wooding then introduced the first of three scheduled speakers for the evening. Mivic Hirose, the new Director of Laguna Honda Hospital, spoke about the process for the upcoming move into the new LHH buildings and discussed her background at both LHH and the other medical areas she has worked in during her tenure in SF.

Jose Cisneros, the Treasurer for the City of San Francisco, then spoke about the role of collecting taxes and trying to ensure that "the playing field is level for all businesses, as we want all businesses to be successful, especially the small businesses." Cisneros explained about not just collecting the tax revenue, but also the ways in which the city invests to try and maximize their investments, while being conservative and safe with the investment dollars.

The City Treasurer also detailed the work progress of the "Delinquent Revenue Unit" which targets businesses that are in arrears in payment of their taxes. The unit has increased their collections from 66 million two years ago to 80 million last year and over 90 million so far this year.

Avrum Shepherd filled in for the last scheduled speaker, Jay Primus, who cancelled his appearance. Primus, representing the SF MTA, was to speak about the MTA plan to greatly extend the hours for the City's parking meters (from 6-9 PM and possibly until midnight). A very lively discussion ensued with much information being shared about the proposed plan, the intended (and unintended) effects that would be felt by the local businesses and residents, and the fact that the Mayor appoints the MTA commissioners, thus not responsible to the Board of Supervisors (or the voters).

The discussion ended with a unanimous vote directing the WOTPCC Board to draft a letter outlining its' disagreement and non-support for the MTA proposal.

Following the discussion and the vote to send the letter, President Wooding asked for and received a motion to adjourn the meeting at 9:15. It was approved.

*The next meeting of the WOTPCC will occur on Monday, October 26th at the Forest Hills Community Club House at 7:30 PM.*

## Montessori School Celebrates 33 Years Serving Children

While some businesses have responded to the economic crisis by cutting back services, or offering new ones, others are persevering by focusing on what they do best. The Montessori Children's Center, in Parkmerced, is one such example. Although the crisis has been challenging to the school, this has only increased the resolve of the Center's Director, Judith Flynn, to offer quality early childhood education.

"The early years in a child's life are the most important," says Flynn. "We've chosen to continue to offer the best education we can, based upon the principles of Maria Montessori."

This year, the school celebrates its thirty-third year of continuous operation. Started in 1976, it was originally located across from campus of San Francisco State University on Font Boulevard. In 2004, due to SFSU's acquisition of the building where the school was housed, the MCC moved to a new, state-of-the-art building on Juan Bautista Circle,



Cont. p. 4



**WE'RE ALSO ON THE WEB**  
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**Kopp** (Cont. from p. 1)  
relative to the West Portal library project spawned taxpayer revolts, which thirty years ago resulted in passage by voters of Proposition 13.

A second event affecting Golden Gate Bridge toll payers was identified by my old friend, Ken Garcia in the September 25 edition of the once-vaunted Examiner. He informed us that the Golden Gate Bridge, Highway and Transportation District may raise that bridge’s toll for passage even beyond its present \$6 per trip. Mr. Garcia asserted that the GGB Board of Directors promised previously not to increase the toll to \$5. Readers may recall that bit of history. Mr. Garcia reminded us that the GGBH&TD was created to operate a bridge, “not a transportation agency with a fleet of ferries and buses and annual budget problems.”

That reminded me sharply of my efforts to secure the promise to San Francisco and other Bay Area residents at the time of its creation by the legislature in the mid 1930s. Old-timers and students of this niche of Bay Area

history will recall that the energetic notion of spanning the Golden Gate from San Francisco to Marin County evolved during the Great Depression. A bond issue payable from toll proceeds was authorized by all counties between San Francisco and the Oregon border (under legislative authorization) except Humboldt County, which didn’t want to risk charging its residents property taxes for a major project that might not succeed. That’s the reason the swollen 19 member governing board of the District consists of representatives from San Francisco, Marin, Sonoma, Napa, Mendocino and tiny Del Norte Counties, but not Humboldt. The covenant with taxpayers arose from expectations that once the bonds were repaid from toll revenue the district would cease as a public entity and the bridge would be transferred to the state for maintenance and operation. It is, after all, part of US Highway 101. The bonds were repaid with interest in the late 1960s. Instead of dissolution, district board members with legislative allies, succeeded in expanding

their power to operate a public transit system consisting of buses and ferry boats. Both systems require subsidies for operation. That’s the reason for the \$6 toll which continues to exceed the \$4 toll on the state-owned and operated bridges crossing San Francisco Bay.

Twice during my State Senate service, I introduced bills to transfer the bridge to the California Department of Transportation for operation and authorized the North Bay counties to establish their own transportation system. Instead of charging San Franciscans to defray the cost of public transit in Marin, Sonoma and Napa counties, the taxpayers of those counties could do so themselves. That legislative initiative was thwarted easily by GG Bridge district board members who inveighed their legislative representatives to bar abolition of the district and assumption of public transit responsibilities by those counties primarily benefiting from them. I thank Ken Garcia for reminding me of my legislative failure in that respect. I can assure readers I didn’t win ‘em all.

**Laguna Honda** (Cont. from p. 1)  
staffing provides clinically-meaningful relationships with patients. LHH, to its credit, has never received licensing complaints involving residents having to wait weeks to receive medical care. At LHH, Yvette Harden would have been referred to its traumatic brain injury program.

The Ja report suggests replacing in a cost-neutral way supposedly “higher salaried” physicians with (ostensibly lower-paid) nurses, psychologists, and social workers, but fails to discuss how this will be done cost neutrally.

Salary data from the City Controller shows that in 2008, LHH had 21 physicians on staff involved in direct patient care, paid \$2.9 million in total pay. By contrast, LHH had 37 nurse managers, clinical nurse specialist’s and nursing supervisors not involved in direct patient care, paid \$5.2 million in total pay. The highest paid clinicians were three psychiatrists paid \$600,000 in total pay, including \$173,000 in “other pay” for carrying pagers as on-call staff; one of them is only a half-time psychiatrist, despite his pay. Only nine physicians earned more than \$150,000; all three psychiatrists and 23 of the nurses did, due to overtime and “other” pay. Ja’s assertion LHH physicians are higher paid is erroneous.

In March 2009, the professional journal *Annals of Internal Medicine* published a peer-reviewed article about nursing home physician specialists, in which it noted that the quality of care in nursing homes is directly linked to physician practice, particularly for nursing home residents who have complex, multiple, comorbid conditions; chronic illnesses; and functional limitations. The article acknowledged a direct association between having physicians on staff, and the enhanced quality of care provided to residents, resulting, in part, from physicians knowledgeable about long-term care practice. Ja mentions none of this.

The Ja report recommends increasing LHH’s SATS (Substance Abuse Treatment Services) staffing, but presents scant evidence of need. It notes there were 348 SATS referrals between April 2006 and December 2008, but didn’t analyze the significance. Assuming a constant rate of referrals, the total is approximately 130 SATS referrals annually. During Ja’s study period, LHH had four SATS staff members; this translates to approximately 32 referrals per SATS staff annually. How does this compare to benchmark caseloads at similar facilities? Is it a valid rationale for Ja’s recommendation to increase behavioral staffing while cutting physicians? Does Oakland Springs employ SATS staff, whether “traveling” or otherwise?

Nowhere in the Ja report is there any analysis of caseloads for either physician or “behavioral health” staff, as if this wasn’t even considered before recommending reducing medical staff and increasing behavioral staff. From a Human Resources perspective, it’s inconceivable caseload benchmark levels at comparable facilities wasn’t evaluated.

Similarly, Ja presents no data whatsoever about the volume of services provided by physicians to the 1,263 residents in LHH’s medically-ill “control group” before recommending doctor positions be reduced. If one goal of Ja’s report was to assess capacity and needs at LHH and in the community that either discipline is able to provide, an impartial analysis of quantitative data regarding volumes of workloads in both disciplines is missing from the Ja report.

The Ja report wrongly claims LHH certified nursing assistants (CNAs) have not received training on de-escalating behavioral problems; he apparently wasn’t told CNAs already receive SMART and specialized dementia training, but he recommends increasing CNAs skills even though their pay is being drastically cut. The City has issued layoff notices effective November 15 to 289 CNAs, almost all of them at LHH. An unknown number of new “Patient Care Assistant” positions paid 20 percent less than CNAs will be created as part of the de-skilling of LHH staff. In addition, LHH has cut another 18 CNA positions and is replacing them with “Home Health Aides” paid 35 percent less. Some LHH residents have already voiced concern about how this may

**Montessori** (Cont. from p. 3)  
designed by Mark Horton and Associates. With large, open classrooms and a high-quality play structure, the building has been admired for its design, and was recently featured in “Preschool and Kindergarten Architecture,” a book about the design of early childhood education buildings.

The school has prospered in its new location. Jennifer Diaz, who has worked at the school as a teaching assistant for 13 years, thinks the new building is an improvement. “Parents are delighted by the classrooms,” she says. “They really like them.”



Despite the current challenges, the school has no plans to change the education it offers. “Everyone has had to tighten their belts a little bit,” says Flynn. “But seeing the children’s joy and enthusiasm makes it worth it.”  
*The school holds an open house for prospective parents in February. For details, contact the school at (415) 333-4410 or online at [www.montessorichildrenscenter.org](http://www.montessorichildrenscenter.org).*

affect their quality of care.

Among Ja’s “study group” of patients with behavioral health needs, 31 percent died; among the “control group” of people with chronic illnesses, 45 percent died. Across the two groups, nearly 40 percent died either at LHH or post-discharge. This suggests both groups were severely medically ill and in need of medical care, which Ja all but ignores, since he didn’t discuss the medical reasons patients are admitted to LHH. He also failed discussing how either group is to access both medical and behavioral care post-discharge.

Rather than recommending augmenting existing medical staff at LHH by adding behavioral health staff, the Ja report recommended a “replacement” approach to subtract medical staff and shift resources from medical services to behavioral services in order to remain “cost neutral.” This is poppy-cock, and may involve actual, or perceived, conflicts of interest from not adequately acknowledging his personal relationships with staff employed by the City’s Community Behavioral Health Services department which commissioned the Ja study.


Insufficient availability of medical care at Oakland Springs Health Care led to a tragic murder-suicide. Subtracting physicians and certified nursing assistants at LHH — both of whom provide direct patient care — is not the answer, and may lead to increased rates of premature mortality. Is this really what we want for San Franciscans who rely on LHH for part of their medical care?

Twenty LHH physicians signed a resolution rejecting the Ja report’s recommendation to reduce physician staffing, due to Ja’s bias, inadequate data, flawed methodology, and lack of professional qualifications to assess physician services at LHH. You can join them by contacting Mayor Gavin Newsom and Supervisor Sean Elsbernd and urging them to reject the Ja Report recommendations.

*Monette-Shaw, an accountability watchdog, operates [www.stopLHHdownsize.com](http://www.stopLHHdownsize.com), where the Ja report and a critical analysis of it can be found.*

# Your City Your Vote Your Voice

## November 3, 2009 Municipal Election




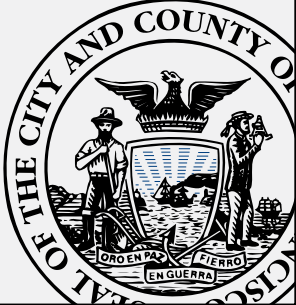
This November, San Francisco voters will elect the City Attorney and Treasurer, as well as vote on 5 local ballot measures.

**The last day to register to vote is October 19, 2009.**

Visit **[sfelections.org](http://sfelections.org)** for useful election resources, including:

- A voter registration form
- A vote-by-mail application
- Candidate statements
- Ballot measure summaries

**sfelections**







by Jack Kaye

SECOND THOUGHTS

To What Are We Entitled?

A few years ago, people filled the streets to demand amnesty for those who entered the country illegally, used false documents to obtain employment, drove cars without benefit of license or insurance and in many cases failed to pay income taxes. Thousands of illegal immigrants (document-free imports) and their supporters waved the flags of their mother countries proclaiming that

while they will always love and be loyal to their homeland (as long as they and their children don't have to live there), they are entitled to all the benefits of American citizenship. Yes, they got ahead in the line of countrymen waiting to be granted legal entrance to the promised land, but they are here now, they have worked hard for low wages. Some have even managed to start families here with American-born children.

Are they really entitled to all the rights any American citizen enjoys?

And when they then apply for work and if their children apply to colleges, should they also be entitled to affirmative action to level the playing field?

And then what about two medical professionals—a doctor and a nurse in different locations who were found to have been practicing without benefit of a medical license or formal education in their field? The doctor offered medical services to low-income patients who paid him only what they could afford. He was not a great doctor, but he helped many people. The nurse was accorded special honors by a non-existent nurses association. Should both be entitled to continue their careers even though they had been working without the necessary documentation? Sure they violated the laws governing entry into medical practice, but they have been doing the job and we need medical professionals.

Last year people were protesting the results of a ballot measure declaring marriage to be limited to the union of one man and one woman. The protesters were irate and outraged that it was possible in a democracy for the majority to vote on issues that affect the population. Marriage is a human right (read entitlement) that is for anyone who loves anyone else (as long there are only two involved, both are human, they are not otherwise related to each other, are not married, and are over a certain age) they say.

Are all lovers really entitled to all the rights and responsibilities of marriage?

The banking business was at the brink of collapse because of immense greed and poor judgment. Large banks and the insurance company that covered some of their losses needed tens of billions of taxpayer dollars to stay in business. Upon receipt of taxpayer bailout money these same bankers and brokers awarded thousands of employees huge bonuses. One bank is preparing to pay one individual \$100 million in bonus while still owing the taxpayers billions. These hard-working employees had lost some of the value of their previous stock bonuses because they themselves had destroyed the value of their company. But still they worked hard and might be tempted to forsake their company and go to the competition if they are not given the bonuses to which they feel entitled. Loyal employees they are not.

Are they entitled to bonuses regardless of their work product and because of their lack of loyalty and abundance of greed?

The small radical fringe of the minority party continues to make absurd allegations about the President. Radio and T.V. personalities like Rush, Bill O., Glenn, Sean, Michael and Lou, whose wealth depends upon encouraging this fringe group, keep insisting that our President is not a native-born American contrary to all evidence. They allege that he has an agenda to turn the country into a socialist or perhaps even a communist state. They imply that there are some dark secrets in the President's college transcript and accuse him and his alma maters of a conspiracy to hide his report cards. They continually slander and libel the President. Is that why we have the first amendment guaranteeing and therefore entitling freedom of the press?

Are they entitled to say whatever they want in the name of journalism?

Are American businesses entitled to do whatever they can to improve the bottom line including hiring document-free imports at low wages and benefits or outsourcing work done here to less-expensive workers in India and China regardless how that affects our workers or our nation's economy?

Are people with cell phones entitled to use them anywhere they can get a signal?

They pay their exorbitant cell phone bill every month, so can they talk while on a checkout line, while waiting at a green light, while driving through a red light or stop sign, while driving five miles per hour in a 35 mph zone, while strolling their baby as they hold and drink the ubiquitous cup of coffee, while out on a date or while in a parking space before leaving it?

Are nice people with all the right political views entitled to double park when making ATM transactions, dropping the little ones off at childcare, buying flowers or just chatting with friends or acquaintances?

Are we all entitled to own our own homes, even if we can't afford the payments?

Are we entitled to do or buy whatever we can afford to regardless of whether we need it and no matter how it affects the environment?

Are children of the very rich and famous entitled to getting advantages when applying to private high schools or elite colleges?

Are the children of the poor and unsuccessful entitled to getting advantages when applying to private high schools and elite colleges?

Are we all entitled to do as many things at the same time as we are willing to attempt believing that quantity trumps quality?

Are parents entitled to have as many children as they want knowing that they are entitled to help if they cannot manage their expanded family obligations?

Are athletes entitled to do whatever they can to improve their stats and thereby increase their earnings?

And am I entitled to ask?

LOMA PIERETA — 20 YEARS LATER

Are You Prepared for an Earthquake?

In a major disaster, it might be several days before vital services are restored

Review these rules provided by www.thebiggrumble.org

If you are indoors when shaking starts:

- “DROP, COVER AND HOLD ON.” If you are not near a strong table or desk, drop to the floor against an interior wall and cover your head and neck with your arms.
- Avoid windows, hanging objects, mirrors, tall furniture, large appliances and cabinets filled with heavy objects.

- Do not try to run out of the structure during strong shaking.

- If you are downtown, it is safer to remain inside a building after an earthquake unless there is a fire or gas leak. There are no open areas in downtown San Francisco far enough from glass or other falling debris to be considered safe refuge sites. Glass from high-rise buildings does not always fall straight down; it can catch a wind current and travel great distances.

- If you are in bed, stay there and cover your head with a pillow.

- Do not use elevators.

- If you use a wheelchair, lock the wheels and cover your head.

If you are outdoors when shaking starts:

- Move to a clear area if you can safely walk. Avoid power lines, buildings and trees.

- If you're driving, pull to the side of the road and stop. Avoid stopping under overhead hazards

- If you are on the beach, move to higher ground. An earthquake can cause a tsunami.

Once the earthquake shaking stops:

- Check the people around you for injuries; provide first aid. Do not move seriously injured persons unless they are in immediate danger.

- Check around you for dangerous conditions, such as fires, downed power lines and structure damage.

- If you have fire extinguishers and are trained to use them, put out small fires immediately.

- Turn off the gas only if you smell gas.

- Check your phones to be sure they have not shaken off the hook and are tying up a line.

- Inspect your home for damage.

If you are trapped in debris:

- Move as little as possible so that you don't kick up dust. Cover your nose and mouth with a handkerchief or clothing.

- Tap on a pipe or wall so that rescuers can hear where you are. Use a whistle if one is available. Shout only as a last resort.

POLICE BLOTTER

**ALERT: We are experiencing far too many auto burglaries, especially during the night hours. Please call the police if you see person(s) loitering near vehicles, car alarms going off, suspicious persons or vehicles. Please lock your vehicle and if you have a garage, use the garage to store your vehicle. Do not leave anything of value visible in vehicles.**

**NOTE: If you wish to send a confidential tip about crime by texting, text to 847411, type SFPD, then type your tip.**

Officers Catch Brazen Daytime Burglar

Sept. 16, 09 12:44 pm 200 block of Garfield

Officers Christopher Beauchamp and Eric Lau responded on a report of a burglary in progress. When the officers were arriving they were told by police dispatch that there were two suspects and that they had entered the front of a residence with the use of some form off “weapon”. The officers noticed that a front gate had been opened and that a front door had been violently opened. Numerous officers responded to the area to seal off any avenues of escap for the suspects. Lieutenant Tom Cleary, Sgt. Robert Padrones, Sgt. James Acevedo, Sgt. Randy Young and Officers Michelle Spears, Lori Peltier, Maria Donati, Duane Elzey, Juan Gala, Ron Meyer, Joe Chang, Thomas Ly, Gregg Gotelli, Imran Shakur, Michael Mitchell, Barbara Dullea, Justin Erb, Jose Guardado, Ronald Gehrke, Kristopher Shinbori and James Drilon as well as Tactical officers and San Francisco State University Police officers responded to assist. Officers Chris Beauchamp and Duane Elzey went through the burglarized residence and observed the place had been ransacked and that the back door was wide open. They then saw two suspects rapidly jumping fences and running through back yards. The officers yelled for the suspects to stop but they continued their escape from the burglarized residence. The other officers sealed off numerous blocks and started to receive information from alarmed residents about the whereabouts of the suspects. As the officers searched the area for the suspects they observed numerous open doors and windows in adjoining houses on the escape route. Officer Justin Erb observed one of the suspects crouching behind a tool shed in the backyard of a residence on the 500 block of Head. The suspect refused to surrender and took off on foot. Officer Jose Guardado joined Officer Erb and took the suspect into custody. The officers conducted an investigation and found a crowbar that they believe was used to enter the house. They also located a vehicle nearby that was unlocked with windows open and the engine warm. The vehicle was positively linked to the suspect. They also located witnesses who identified the suspect and a companion as casing the burglarized house, looking up and down the block and then use a crowbar on the gate and then kick in the front door. The officers developed additional information on the probable identity of the second suspect. The arrested suspect, a 26 year old, who lives on the 200 block of Lobos, was charged with burglary, possession of burglar tools, resisting arrest and possession of suspected marijuana. This was outstanding work by Taraval Police Station officers. Case #090955631



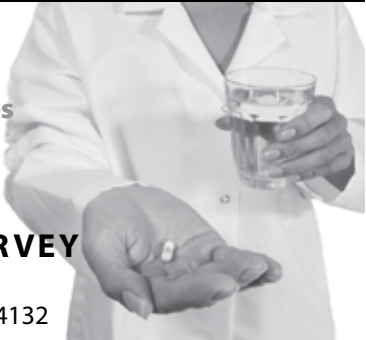
For a complete daily Police Report from the Taraval Police Station, go to:

www.westsideobserver.com

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## October Calendar

## YMCA HEALTH SCREENINGS

**First Wed each month | 9:30–11:30 am** | Free health screenings at the Stonestown YMCA. Come every month for a different screening: cholesterol, glucose, body mass index, blood pressure and bone density. Pre-register 923-3155 or cpmcchrc@sutterhealth.org. \$10 suggested.

## FRIDAY NIGHT JAZZ EVERY FRIDAY

**Every Fri | 7-11 pm** | Cliff House – 1 Seal Rock .

## HAPPY HOUR EVERY TUESDAY

**Every Tues | 4-8 pm** | Que Syrah. Take \$1 off of each glass / \$10 off of each bottle of wine consumed at the store. 230 West Portal 731.7000

## ART MUSIC AND LECTURES AT SF STATE

See our ad on this page for details!

## FARMERS MARKET'S

**Every Sat | 10 am–2pm** | Parkmerced: . at the corner of Arballo and Serrano.

**Every Sun | 10 am– 3 pm** | Stonestown: at Stonestown Galleria (19th Avenue @ Winston)

## GWNPN MEETING

**Tue 6 | 7:30 pm** | Greater West Portal Neighborhood Association at West Portal Clubhouse, 139 Lenox Way

## AUTHOR DEBORAH TANNEN

**Thur 8 | 7 pm** | Bestselling author Deborah Tannen (*You're Wearing THAT?*) will read and discuss *You Were Always Mom's Favorite!* at BookShop West Portal. 80 West Portal Ave Info: 564-8080.

## AUTHOR RICHARD RUSSO

**Fri 9 | 7 pm** | The Pulitzer Prize-winning author of *Mohawk*, *The Risk Pool* and *Nobody's Fool* will read from his wryly funny novel *That Old Cape Magic* at BookShop West Portal. 80 West Portal Ave Info: 564-8080.

## DIANETICS SEMINAR

**Sat 9 | 9:30 am–8 pm | Sun 10 | 9:30 am–6 pm** | A two day hands on workshop on how to use the procedures of Dianetics to get rid of the source of insecurity, upsets, unreasonable fears. \$100 for both days. Dianetics Foundation 2501 Judah St. (at 30th)

## PLANT SOME TREES!

**Mon 12 | Forms are due!** | Friends of the Urban Forest Street Tree Planting in the Central Sunset SATURDAY, NOVEMBER 14TH. Street trees are available for \$75. Go to <http://fuf.net/treePlanting/plantingForms.html> and fill out your Planting Forms or contact Megan at 415-6890 x101 or [megan@fuf.net](mailto:megan@fuf.net).

## 20TH ANNIVERSARY OF LOMA PIERETA EARTHQUAKE

**Sat 17 | 11 am -4 pm** | Big Rumble Neighborhood Fair - 20th Avenue between Lincoln and Irving. SF City departments - SF Department of Emergency Management -Department with safety equipment on display; The Rumble Preparedness Map; activities;

## NOW AT THE MOVIES

by Don Lee Miller

9

This futuristic animated film features several famous voices for the burlap dolls with a large number on their back. There's the hesitant elderly leader 1: Christopher Plummer; the sole surviving female 7: Jennifer Connelly; and the adventurous young 9: Elijah Wood, plus 2: Martin Landau, 5: John C. Reilly, and 6: Crispin Glover. They must fight the evil mechanical survivors of the apocalypse. While interesting, it becomes difficult to tell the dolls apart. Definitely too frightening for children under ten; teens and adults may enjoy it.

## ALL ABOUT STEVE

This comedy stars Sacramento Herald crossword puzzle gal, Mary Horowitz: Sandra Bullock, falling in love with CNN field news cameraman, Steve: Bradley Cooper. His newsman, Hartman: Thomas Haden Church, encourages their "casual meetings" from Texas to Colorado at various tragedies from a mine cave-in to a hurricane. When Mary, a good-hearted ditz, becomes the center of a media news blitz, there is more than enough blame to go around for her being in harm's way. Sexual innuendoes.

## EXTRACT

Owner of an extract factory in Indiana, Joel: Jason Bateman is given bad advice by his hippie bartender buddy, Dean: Ben

Affleck. Joel hires hunky Brad: Dustin Milligan to clean his swimming pool, also to tempt his wife, Suzie: Kristen Wiig, to put out with what's lacking in their relationship. Pretty con artist Cindy: Mila Kunis comes to work at the factory to take everything that's not nailed down. Joel's foreman, Brian: J.K. Simmons (Juno), tries to help keep the plant running despite union organizers, employee injury suits, and corporate takeovers. Poor Joel has his hands more than full trying to repair his marriage and multiple problems with the vanilla bottlers. Bateman and Kunis's performances dominate this screwball comedy. Language, sexual situations.

## GAMER

Fans of video games may be able to accept this premise; for others RUN to another theater and see a film you'll enjoy. Kable: Gerard Butler (300), the muscular convict who fights to the death for his "freedom" in the game called Slayers, eventually battles the chief executive of the video game empire, Ken Castle: Michael C. Hall (TV's Dexter). The prison warden, Gina: Kyra Sedgwick, controls her convicts for the money it brings her. Kable's wife, Angie: Amber Valetta, has to resort to the world's oldest profession to survive and appears in numerous wigs and costumes for her "role-playing". Extreme violence and gore, profanity, sexual situations.

## THE INFORMANT!

Mark Whitacre: Matt Damon plus

giveaways; preparedness supply vendors; Red Cross; SF Department of Public Health will connect our communities with preparedness resources: [www.thebigrumble.org](http://www.thebigrumble.org)

## GRAND OPENING FARMERS MARKET

**Sun 18 | 9 am** | Stonestown Farmers Market and the Stonestown Galleria will be hosting a Grand Opening Celebration at Stones town Galleria (19th Avenue @ Winston) Rear parking lot.

## TARAVAL POLICE DISTRICT COMMUNITY MTG

**Tue 20 | 6 pm** | Our monthly Taraval/Community meeting at Taraval Police Station, 2345 24th Ave.

## AUTHOR JOHN GROBAN

**Tue 22 | 7 pm** | The Bestselling author of *Marley & Me* reaches back to the social upheaval of the 60s. Trade-mark humor and pathos of straddling two worlds: that of his loving but comically traditional parents, and his neighborhood pals and all their misdeeds at BookShop West Portal. 80 West Portal Ave Info: 564-8080.

## WINEMAKER EVENT AT QUE SYRAH

**Sat 24 | 5–8 pm** | Meet winemaker Gregory Graham for a winemaker tasting. \$15. Details 415-731-7000

## BOO AT THE ZOO

**Sat 24 –Sun 25 | 10:30 am–3:30 pm** | The San Francisco Zoo welcomes all family-friendly wizards and witches, ghosts and goblins, princesses and superheroes to this festive occasion. TREATS! Kids and their families can visit candy stations throughout the Zoo, take-home crafts, puppet shows and live entertainment. It's a day filled with thrills and chills. The Zoo requests that trick-or-treaters not wear rubber masks as they may frighten the animals. Free with paid Zoo admission. Kids ages 4-14 dressed in costume receive \$1 off regular admission. San Francisco Zoo, 1 Zoo Road Info: 415.753.7080

## WEST OF TWIN PEAKS CENTRAL COUNCIL

**Mon 26 | 7:30 pm** | A resource for neighborhood organizations. Interested in listening and commenting on issues? The fourth Monday of each month Forest Hill Clubhouse 381 Magellan Avenue

## SF HEALTH INSURANCE PROGRAMS

**Thur 29 | 4 pm** | An overview of public health programs to which children and parents have access in San Francisco. Programs covered include Medi-Cal for Children & Pregnant Women, Healthy Families Program, Healthy Kids, and Healthy SF, 2100 Webster Street, Suite 106

## NATIONAL READING GROUP CELEBRATION

**Thur 29 | 7 pm** | Celebrating the third annual National Reading Group Month, WNBA Writers will read from their latest works at BookShop West Portal. 80 West Portal Ave Info: 564-8080.

## ART SHOW

**Fri 30 | 7–9:45 pm** | Paintings, photographs, mosaics, etc. on display. Live music performed by local musicians. Potluck. Short lecture on The Importance of the Artist in Today's Society Church of Scientology 2501 Judah St.

## Creative STATE

PERFORMANCES, EVENTS AND EXHIBITIONS  
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## MORRISON ARTISTS SERIES

## EROICA TRIO

This Grammy-nominated ensemble changes the face of classical music. Works by Beethoven, Tower and Brahms.

FRIDAY, OCT. 9, 8PM  
MCKENNA THEATRE, FREE  
PRE-CONCERT TALK  
7PM, ROOM 146, CREATIVE ARTS

## KABUKI: BACKSTAGE TO HANAMICHI

A BEHIND-THE-SCENES LOOK AT THE COLOR, MAGIC AND DRAMA Experience the classical Japanese method from the world-renowned Shochiku Co. in this rare performance and lecture.

SATURDAY, OCT. 17, 2PM  
MCKENNA THEATRE, \$10–\$20

## CARTOGRAPHIC IMAGINATION/ AN ATLAS

Mapping gets radical in these two shows.

WEDNESDAYS–SATURDAYS  
11AM–4PM  
THROUGH SATURDAY, OCT. 15  
FINE ARTS GALLERY, FREE

## PROOF

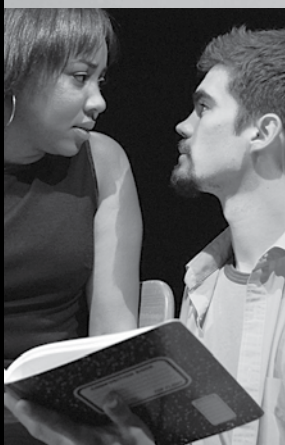
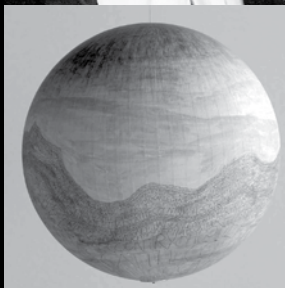
BY DAVID AUBURN

Calculate the unknowns of life in this Pulitzer- and Tony-winning drama.

OCT. 8, 10, 15–17, 8PM  
OCT. 11, 18, 2PM  
LITTLE THEATRE, \$8–\$15

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Kusama can share the blame for this mess. Violence, bloooooood, profanity.

## PANDORUM

Lt. Payton: Dennis Quaid awakens in a hyper-sleep chamber aboard a spaceship the size of a city and finds and Cpl. Bower: Ben Foster. Initially, they don't recall their mission or their identities. Both believe they are the only crewmembers to survive but that they are surrounded by fast-moving mutant cannibals with spikes on their spines. Disoriented in the darkness, as Bower ventures forth armed with a walkie-talkie connection to Payton, they learn of the imminent danger they are in. This very intense thriller posts a number of surprises. The space ship sets are incredible. Language, horror violence.

## WHITEOUT

Set in Antarctica a few days before six months of darkness and storms are due to start (but actually filmed in Manitoba and Quebec), Carrie: Kate Beckinsale has had an easy two-year post when a serial killer changes that. One of the men around her is not to be trusted, but which one? Is it Robert: Gabriel Macht, Dr. John Fry: Tom Skeritt, her pilot Delfy: Columbus Short, or Russell: Alex O'Laughlin (TV's Moonlight)? As the storms move in and the base is being evacuated, the whiteness becomes blinding and to walk outside means to cling to a rope guideline and hope for the best, not only against the elements, but also that scythe-wielding psycho on the loose. Language, gore, violence.

30 lbs. to look the cherubic part approaches FBI Special Agents Brian Shepard: Scott Bacula and Bob Herndon: Joel McHale with evidence of price fixing. His company ADM has been trying to control the world market on Lycine and other pharmaceuticals. Mark's a corporate executive happily married to Ginger: Melanie Lynskey with two sons. Director Steven Soderberg entertains with surprises: 1) Screenwriter Scott Z. Burns provides Mark with a running narrative that, at times, is hilarious! 2) The Smothers Brothers appear in acting parts. 3) Marvin Hamlisch furnishes a serviceable score. 4) I defy anyone to guess the direction the plot goes in the last 30 minutes. Profanity.

## JENNIFER'S BODY

Jennifer Check: Megan Fox does have a great body but hasn't evvver seen the inside of an acting class; her black eyelashes flutter, the blood of her male classmate victims runs down her chin. Oh, did I forget to mention she's a cheerleader with vampire tendencies? Jennifer is unhappy that a rock band, led by Nickolai Wolf: Adam Brody (The O.C.), into Satanic rites wanted her body and to cut her up afterwards. Her best friend, nerd 'Needy' Lesnicky: actress Amanda Seyfried (Mamma Mia!) has an ongoing lesbian relationship with Jennifer and puts up with her until she finds Jennifer's interested in her male bed partner, Chip: Johnny Simmons. Writer Diablo Cody and director Karyn





## GRAND OPENING AT THE STONESTOWN FARMERS MARKET

On Sunday October 18th, the Stonestown Galleria and Marin Farmers Markets (MFM) will host a Grand Opening Celebration in honor of the new Stonestown Farmers Market .

Farmers market shoppers, local public officials, and community group representatives will join the Stonestown Galleria and MFM’s farmers, food purveyors, and artists for a pumpkin cutting ceremony at 11 am. Throughout the day, market-goers will enjoy lively entertainment, special market give-aways, and market tours with Life’s Ingredients. Shortly after the pumpkin cutting ceremony the market will be blessed by Jing Mo’s Lion Dance, taking heads of lettuce from local dignitaries and kicking them throughout the market. Chinese tradition says that those who are touched by the flying lettuce will be blessed with good luck and fortune, businesses and customers alike.

Three months after its opening day on June 28th, the market continues to thrive and grow. The Stonestown Farmers Market is a program of Marin Farmers Markets (MFM), a 501(c)5 non-profit based in San Rafael, in partnership with its sister organization Marin Agricultural Institute (MAI), a 501(c)3 non-profit. This is the second farmers market that MFM produces in partnership with General Growth Properties (GGP).

Richard Forester, General Manager of the Stonestown Galleria, is pleased with the partnership – “It’s been a very synergistic relationship. The Stonestown Farmers Market is a tremendous resource for our neighboring communities and we’re happy to offer our space and support to the local farmers and food purveyors of Marin Farmers Markets. We look forward to many more seasons to come!”

Tyler Thayer, Market Manager, reflects on the immense outpouring of support from the community – “We feel so fortunate to have been welcomed by the local communities. Everyone I speak to is thrilled that the market is here. Customers are always asking ‘how can I help? How can I make sure this market succeeds?’ I say simply, ‘tell your friends, invite your neighbors, make this market a pivotal part of your community.’ Every week the market seems to grow. It’s exciting to watch.”



The flying lettuce will surely help.

Marin Farmers Markets is a 501(c)5 non-profit which runs 8 farmers markets in the Bay Area, including the Sunday Civic Center Farmers Market – the third largest farmers market in California. For 26 years, MFM has been bringing farmers and communities together to create healthy viable local food systems. For more information please visit [www.marinfarmersmarkets.org](http://www.marinfarmersmarkets.org).

### AT THE THEATER

Dr. Jean Lust and Flora Lynn Isaacson

#### AMERICAN IDIOT

Rock Opera has spectators rocking.Grammy Award winning Punk Rock Green Day’s album, American Idiot, released in 2004 and that led to the creation of the theatricalized version in the form of a rock opera, premiered at Berkeley Rep on September 16th to a rollicking, warm audience. Directed by Michael Mayer, the talented director of Spring Awakening, and choreographed by Steven Hoggett, the piece is comprised of nineteen actor/singers and a band on stage.

In this rock opera it is the theatricality of the lyrics that project a youth’s rebellious journey against his world and himself. Only a short recited line here and there supports the dramatic action. We are first introduced to the songs “The American Idiot” and “Jesus of Suburbia,” sung by John Gallagher in the role of Johnny, Matt Caplan as Tunny, and Michael Esper as Will. At one point Johnny blasts out “ I forgot to take a shower,” a line used as a thread of the action later. In the next set of songs, Johnny and his buddies expose their malaise, the futility of their existence, boy/girl relationships, sex, a pregnant girl friend, drugs, violence, guns, death, and other adventures depicting their sordid demise. The ending songs of this dramatization of self destruction and the search for redemption are more mellow. “We’re Coming Home” and “Whatsername: bring the youthful exploits to a reassuring end. And as the piece draws to the final scene Johnny repeats the line “I forgot to take a shower!” suggesting his reconciliation with a more structured world and self .

Christine Jones creates a spectacular set of a warehouse with scaffolding and multiple T.V. video screens on a back wall that simultaneously change images along with brightly glowing strobe lights to suggest an electrifying atmosphere.

Costumes by Andres Lauer are causal togs worn by young people.

Although The American Idiot rock opera remains basically a brilliant collage of songs well fused together under the theme of youthful disillusion rather than an opera providing dramatic conflict and development of dramatic action and characterization, this rendition of angry and dissatisfied youth succeeds in pulling at our heart strings. Its popular success is due primarily to the beautifully written lyrics, the masterful musical rendition,

the high voltage energy of the singers, and the realistic and timely portrayal of disheartened youth.

*American Idiot plays through November 1, For information call 510-647-2949 or [www.BerkeleyRep.org](http://www.BerkeleyRep.org). Dr. Annette Lust*

#### PREMIERE

The Ross Valley Players kicks off its 80th season with “Premiere”--the last play written by award-winning playwright Dale Wasserman. Wasserman was the Tony Award-Winning author of the book for “Man of La Mancha” and the stage version of “One Flew Over the Cuckoo’s Nest.”

Author and Journalist, Abby Wasserman, niece of Dale Wasserman, brought this play to RVP. According to her, “Dale’s “Premiere is a rather old fashioned play. It is an intimate drawing room play perfectly suited to the Ross Valley Players’ theatre. Premiere is marvelously lighter fare for my uncle. It is about a very successful comedy playwright who yearns to be a writer of serious plays. The story features a husband and wife that

Really love each other and has playfulness about it. This extremely personal play depicts Dale’s thoughts and feelings about the theatre and theatre community woven throughout this play. He comments and makes fun of academics, authenticity, fakery and producers.”

A famous comedic playwright, Gil Fryman (Ron Severdia) decides to prove to the world that he can write more than fluff and can be as universally accepted as Shakespeare. So “The Tragedy of Alcibiades” is born. Severdia is overly serious as befits a writer of comedy and adores his wife, Becky (Molly McGrath) As Becky, McGrath is both lively and lovely, affectionate but unpredictable with a frivolous sense of humor. Becky’s father, Dr. Eli Brand as played by Wood Lockhart is both worldly wise and skeptical, just avoiding cynicism by virtue of his affectionate humor. His son, Peter Brand (Edward McCloud) is a theatrical producer, though more accurately a dilettante with an avocation. The cast is rounded out by Buzz Halsing with a wonderful New York accent as Lefty Guggenheim, a highly ethical book forger with a love of language, and Judy Holmes as Professor Justina Hawkins, who is very British and learned on the subject of Shakespeare.

According to Director Robert Wilson, in this play Wasserman breaks the fourth wall and each character, with the exception of Professor Hawkins, has a wonderful monologue to the audience.

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## Smuin Ballet launches 2009 Program

By Mitch Bull

The world renowned Smuin Ballet Company launches their 2009 season on Friday, October 2nd with a trilogy of works highlighted by the world premiere of Choreographer-in-Residence Amy Seiwert's *Soon These Two Worlds*; Michael Smuin's classic *Medea*; and closing with *Fly Me to the Moon*, a tribute to Frank Sinatra.

Seiwert, a former dancer with the Smuin Ballet, has been choreographing since 1999 and has won numerous awards. *Soon These Two Worlds* is set to music from the Grammy Award-winning Kronos Quartet's *Pieces of Africa*, which reached number 1 on Billboard's Top World Albums chart.



Next on the bill is *Medea*, the late Michael Smuin's ballet that weaves a story of passion, jealousy and revenge. It focuses on the five main character of the myth of Medea, and is set to a suite from Samuel Barber's *Medea*, originally composed for the 1946 Martha Graham Ballet. The breakneck pace of the dance details the complex and treacherous relationships between the characters and showcases Smuin's gift for dramatic narrative.

The evening closes with Smuin's tribute to the genius of Sinatra. A blend of ballet and popular dance, it is the embodiment of the smooth and stylish songs that the

"Chairman of the Boards" delivered so well. "I've Got You Under My Skin", "That's Life" and "The Lady is a Tramp" are several of the songs in the final ballet for the evening, which closes with a high-kicking version of "New York, New York".

"Michael was a great story teller with his work", explains Celia Fushille, the Artistic and Administrative Director of the Smuin Ballet. Fushille should know. As a founding member of the ballet company, Fushille worked closely with Smuin performing as the lead dancer and the inspiration for many of Smuin's works, such as *Frankie and Johnny*, *Cyrano*, *The Blue Angel*, and her signature role in "Santa Baby" from *The Christmas Ballet*.

She had worked with Smuin as Associate Director of the Ballet Company



Sinatra tribute: *Fly Me to the Moon* and Smuin's *Medea*

Cont. p. 11



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## Dr. L. Bruce Mebine O.D. & Associates *Safeguarding your vision for almost 60 Years!*

By Mitch Bull

**M**ost people would agree that the ability to see, hear and speak are the three most important senses and tools that we possess. Yet, how often do most of us consider the impact that a loss or reduction in these abilities would have on our day-to-day lives? It seems that until there is a problem, we take these abilities for granted, usually without a second thought.



Optometrists Dr. L. Bruce Mebine and Dr. Elio Polsinelli offer their services

As a family vision practice, Dr. L Bruce Mebine and Associates have provided quality eyecare to several generations of San Franciscans. In fact, they have been diagnosing and treating patients in West Portal for almost 60 years, starting with Dr. Bruce Mebine's father, Dr. Loran Mebine, who founded the practice.

I recently visited with Dr. Mebine and Dr. Elio Polsinelli to find out the “secret” of their ongoing successful vision clinic. “We provide personal care in a friendly environment. That’s what we do,” explained Mebine, who went on to explain that the goal has always been to provide the very highest quality of vision care for each patient. “Where as some places are only concerned with the lowest price, we treat each client as an individual with specific individual needs, and not as just a number,” continued the UC Berkeley trained Optometrist who has also been a clinical professor at the University’s School of Optometry since 1983.

Well respected within the “vision care community,” Mebine has served as the President of the SF Optometric Society, the Bay Area Optometric Council, and the California Optometric Association. Twice, he has been recognized and received the award as the “Optometrist of the Year”; in 1991 by the UC Berkeley School of Optometry, and in 1998 by the California Optometric Association.

His colleague, Dr. Polsinelli, earned his Doctor of Optometry degree from the State University of New York (SUNY) College of Optometry, subsequently training at the Oklahoma City Area Indian Health Service. While at the Oklahoma City clinic, he provided vision care management and services to patients with diabetes, hypertension (high blood pressure), glaucoma, dry eye, and cataracts. He completed his training at the Pediatric division of the SUNY College of Optometry where he gained knowledge in the diagnosis and treatment of children’s vision and eye health.

When asked about vision care for children, both specialists stressed the importance of having children examined early. “Ideally, we would like to have a child first examined at the age of 6 months. It may seem young, but we can diagnose and plan treatments for conditions such as “lazy eye,” or other congenital types of eye problems such as cataracts or glaucoma,” said Polsinelli. They both agreed that yearly check ups after the initial visit go a long way to ensure good eye health.

For most of us, vision problems can be caused by too much computer work (Computer Vision Syndrome) that can cause dry eyes, headaches, and other symptoms. Mebine explained that when we are looking at a monitor, we do not blink as often, which causes the eye to dry out. A method to avoid this is to follow the “20/20/20 rule” by taking a 20 second break, every 20 minutes to look away from the monitor at

(Cont. on p. 9)

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# What I Know For Sure

by Hank Basayne

I can't tell you anything about the origins of Life or what—if anything--happens after we die. As I (surprisingly) continue to age I am absolutely positive about less and less. I have only a dim grasp of the theory of flight, know nothing at all about metallurgy—except I can recognize rust when I see it. Higher mathematics is completely mysterious. I find even lower mathematics somewhat depressing. I love words but numbers induce mild melancholia in me.

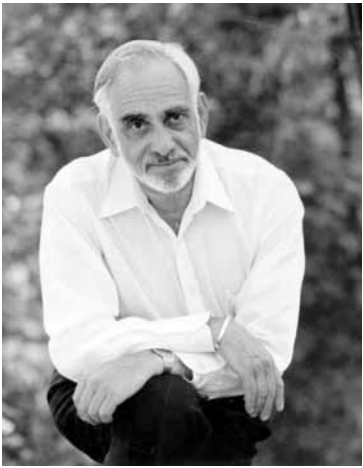
The list of things I'll never fully understand continues to grow, faster than I do. Although I basked in certainty in the arrogance of my youth, there are precious few things I now know for sure. Oh yes, I have lots of opinions. Often wrong, but never in doubt. I make some wild guesses, some of which—amazingly--turn out to be useful.

I make a careful distinction between Information and Knowledge, and I try not to confuse Knowledge with Wisdom. Wisdom is sadly always in short supply. But to truly, completely understand anything? That happy condition continues to elude me.

I guess I have a world view, things I assume or take for granted. Most of us think certain things are true despite the lack of evidence for such beliefs. And it's always a jolt to discover that my basic premises are not universally shared. In fact some of my presuppositions seem to be uniquely my own, not held in common with anyone else.

Do I continually make up my own reality, inventing the strange Universe I inhabit? Does everyone else do the same thing? No wonder there is so much messy misunderstanding, conflict, confusion and disagreement. Author William Golding said that to communicate is our passion and our despair. Right on, Bill!

This business of aging is more difficult than advertised. For instance, internally I'm only 32 but my body is fifty years older. That disparity really gets in my way. I make plans, lists, mentally undertake great creative leaps, then it turns



out my body says it's too tired, or it hurts, or it's not strong enough, or let's do that later—much later—or maybe not at all. As if I thought I would live forever! But in some quiet place, deep inside, I know I won't. Turns out that this life is not just a rehearsal—it's the actual performance, so everything counts.

My good intentions turn out not to be good enough. Someone who lives in a distant city, for whom I hold happy memories and deep affection, has been out-of-touch for a long while. I need to call him or write and reconnect. It's on my list. Then, in order to avoid doing something else, I impulsively call him—and discover that he had died while I was busy not calling him earlier. There's suddenly one less person I really care about who is available to me. My remaining life is again diminished.

I've never been much good at farewells. Endings, exits and goodbyes make me sorrowful. That sad clown Pagliacci said we appear on the stage without asking, we take leave without wanting to go. But it's the exits of the other players that wrench the heart—all the laughter that won't now be shared, the hugs that will stay unhugged, the mutual understandings that are broken now.

If you've read this far it may be because you hoped to learn something useful, or because you share our human curiosity about each other, or because sometimes you find my musings entertaining. I've been thinking about you, too, as I've been writing this, although we may not have met or have not been together in a while. I'm writing this in a different time and place than you're reading it, but it is a connection of sorts, one that I value. I started this talking about what I didn't know for sure, but I am pretty sure about two things: We need each other. We ought to stop putting off important things.

*Hank Basayne is a San Franciscan, a minister and an author, who didn't want to delay telling you what he is thinking about right now.*

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## REAL TRAVEL FOR REAL PEOPLE

# The Madness of it All

By Sergio Nibbi



The real horror of war came into full perspective as we approached the seaside village of Sihanoukville in Cambodia. Yes, they now have improved facilities, shopping areas and air-conditioned buses, but the horrible memories of the not too distant past are still close at hand.

We attended a lecture aboard the ship a few days ago and the speaker pointed out the endless atrocities that these poor people have endured. Millions were slaughtered by the Khmer Rouge for no reason and buried in massive, unmarked graves. The most amazing part is that Pol Pot and most of his henchmen never saw the insides of a court house. Pol Pot died of a heart attack at the age of 71.

Cambodia is still one of the poorest countries in the area, and most likely will remain that way for years to come. As Americans, we tried to help by carpet bombing the landscape into oblivion, now we're trying with tourist dollars. Neither one seems to have worked so far.

Because of the four hour bus ride to and from Phnom Penh, the capital of Cambodia, we decided to settle for a 15 minute shuttle bus ride to Sihanoukville. The center of town is not like mid-town Manhattan, but more like a chaotic war zone.

Before the shuttle had a chance to park and open its door, we were inundated by a mass of humanity encircling the bus, pushing and shoving one another. Each person trying to grab our attention in order to sell us trinkets, food or rides on the endless Tuk-Tuk taxis that swarm around like locusts.

We managed to push and shove our way to the market place across the street, and what happened next only reinforced our greatest fears. The block long metal building, had every stand imaginable, from garments, jewelry, food, fish and live chickens. All neatly arranged in total chaos with scooters running through, people cooking food, others cleaning fish and sadly, beggars all over the

place. Young crippled children crawled on the dirt floors as others offered outstretched hands. The smell in the 85 degree heat was nauseating.

We were reluctant to enter in the first place and now all we wanted to do was to find the quickest way out. Karen got choked up and started to cry and I felt like a



war correspondent and continued to film. Outside was not much better than inside. As we walked around the surrounding area we saw tables covered with raw fish drying in the sun, covered with flies, vendors selling food that you would not give to a condemned man.

Fortunately for us a nice young man pulled up in his Tuk-Tuk and offered to take us for a ride to look at the surrounding beach areas. Reluctant at first we finally decided that anything had to be better than where we were. After negotiating a price for the half hour tour — the average worker earns \$40.00 a month — we jumped in, one looking at the other and thinking “If our children ever did this we would never let them out of the house!”





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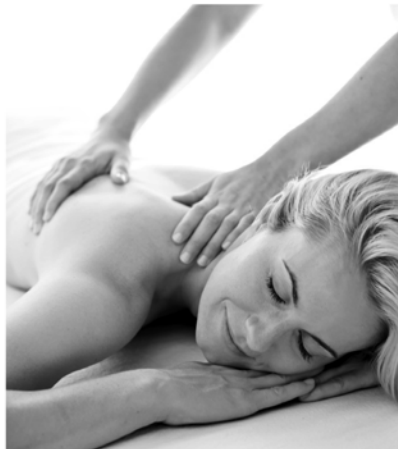
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### SHARON THE HEALTH

## YOUR BODY'S MANY CRIES FOR WATER

By F. Fatmanghelidy, M.D.

**You're not sick, you're thirsty...don't treat thirst with medications!**

**I**n 1997 I read this book by Dr. B and was forever changed. I thought I was drinking a lot of water and realized I was only getting about half of what my body needed.

Starting my own study, I began asking all my clients about their water intake. Dr. B suggests a minimum of ½ your body weight in oz. of pure, clean water a day. If you weigh 150 lbs. it's 75 oz. I found most of my clients' water consumption ran short. I also noticed the clients who drank little to none, didn't show much improvement after working with me. The light went on. With dehydration, the muscles in the body lose elasticity as well as flexibility and cannot be stretched.

Dr. B has treated over 3,000 patients in eliminating pain with plain old water when the highest forms of medication have failed. See [www.watercure.com](http://www.watercure.com). Dehydration is a viscous cycle. When we feel thirst, we're already dehydrated. Strangely, the more dehydrated, the less thirsty we feel. As a defense mechanism, the body moves the thirst markers...the less water, the less thirst.

• Stress – is a huge factor in dehydration. Every function of the body depends on the efficient flow of water. So what happens?

• Solid Food Digestion – depends on large quantities of water absorbed in the stomach after it is

drinking water before food intake, the problem could disappear.

• Rheumatoid Arthritis – Joint movement causes a vacuum within the joint space. Water is pulled through the bone and cartilage and into the joint cavity if it's available. A dehydrated joint needs some form of fluid circulation in the capsule of the joint, hence the swelling and tenderness of the joint capsule. The inflammation process may appear as if there's infection when it's really dehydration.

Several other common symptoms of dehydration are high blood pressure and cholesterol as a result of declining hormones and excess body weight due to poor digestion and depression.

Why don't we hear about this type of treatment from our health care providers? Funding for research on evaluation of water as a natural medicine isn't readily available nor is it very attractive to scientist. Students in medical schools are not taught anything about the many roles that water plays in the human body.

Those of us who know and understand the importance of water intake for healthy body func-



*"Dehydration is a viscous cycle. When we feel thirst, we're already dehydrated. Strangely, the more dehydrated, the less thirsty we feel."*

ingested. Anti-acids and pain meds for heartburn won't take the place of water needed to get the job done.

A misunderstood and upsetting condition of severe dehydration is bulimia. Most notable, Princess Diana became anti-social and suffered from constant hunger. When trying to eat without water for digestion, she couldn't retain food and had the instant and uncontrollable urge to vomit. In bulimic people, the sensation of hunger is the indicator of thirst and the urge to vomit is a protection mechanism. If bulimics begin to re-hydrate

tions must speak out for this simple and natural healing method. It's a crime so many in Western health care are more interested in making money with high powered drugs, treatments, and surgeries, when the cure could start with drinking a few glasses of water.

Please refer to my past articles at [westsideobserver.com/columns/sharonTheHealth.html](http://westsideobserver.com/columns/sharonTheHealth.html) for more water related subjects. I appreciate your questions and feedback so call me anytime 650.359.6579 or email [sharoncaren@comcast.net](mailto:sharoncaren@comcast.net).

**Make water your drink of choice.**

### Mebine Optometrists (Cont. from p. 11)

a distance of 20 feet.

Once we reach a certain age (somewhere around 45) many people also lose the ability to close focus, resulting in reading glasses, bifocals, progressive lenses, or contact lenses. New types of progressive lenses can even integrate your visual behavior into your lenses.

While speaking with the doctor's, I inquired about the eye disease "Macular Degeneration." It seems that we never used to hear about it but now it is discussed on TV and written about much more frequently. I asked why, and Dr. Mebine explained that within the eye care field, Macular Degeneration, is not new, as they have been diagnosing it and treating it for many years. As more of the general populace age, and live longer, the incidence of this disease are more common. Although genetics plays a part in determining who will possibly develop the condition, eating a diet rich in dark, leafy green vegetables (Spinach, Kale, Broccoli) has been shown to possibly help in stalling the development of the vision robbing condition.

Mebine and Associates is a full-service vision care center, utilizing the newest equipment for examination and diagnosis and providing vision solutions such as glasses, contact lenses, as well as providing pre and post operative vision care management for laser and cataract surgery. Dr. Mebine and Polsinelli detailed a new therapy, Corneal Refractive Therapy, which uses a special "contact lens" worn only at night to "flatten" the cornea as

an alternative to "laser" types of surgeries for near-sighted patients. It's also completely reversible.

The well being of patients extends throughout the office. Assisting Drs. Mebine and Polsinelli are Marilyn Overbay, (a sister to Dr. Mebine) who has had a career as an optometric assistant/ office manager for over 40 years (19 with Dr. Mebine); Marc Milechman, an optician with over 30 years experience in the optical industry; and Joann Tawasha, an Optometric Assistant who has worked with the team for over 12 years.

With hundreds, (if not a thousand), designer frames, different types of contact lenses, a friendly, welcoming staff and the expertise of Drs. Mebine and Polsinelli, it's easy to understand how the office has provided vision care solutions to the neighborhood for almost 60 years. That kind of track record shows the satisfaction and loyalty of their many patients.

If you want a vision care team that is easy to talk to, understanding of your needs, and one which takes the time to ensure that you understand everything about your vision, consider making a visit to Dr. L. Bruce Mebine, O.D. and Associates.

Dr. L. Bruce Mebine O.D. and Associates is located at 340 West Portal Avenue (between 14th and 15th Avenue on the North side of the street). The office is open Monday – Friday from 9 AM to 6 PM. Saturday appointments are also available upon request. You can also reach them at 415-664-3089.

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### Smuin Ballet (Cont. from p. 8)

since 1998 before assuming the Director's position in 2007 following the untimely passing of Michael Smuin. Having performed many of Smuin's most notable works, and assigned by Michael Smuin to be the creative caretaker of his legacy, Fushille continues to lead the ballet to further the vision conceived by the company's namesake founder.

"I was prepared well by Michael to carry on the legacy of his works with the permission to have his works performed in perpetuity," said Fushille, who added, "We just can't be a "museum" company, performing Michael's works over and over. It is exciting to stage Amy's (Seiwert) world premiere and add to the legacy of the company."

With a ticket price range between \$18 and \$56, the ballet is well priced for those who "like ballet," or those who "don't know about ballet, but are interested in seeing it." "Our goal is to keep dance accessible and affordable," said the Director.

Staged at the Palace of Fine Arts Theatre (Bay St. at Lyon), from October 2-10 at the following times: 10/2 at 8pm; 10/3 at 2pm and 8pm; 10/4 at 2 PM; and 10/6-10 at 8PM.

"Fly Me to the Moon", at the Palace of Fine Arts theatre, starting on Friday, October 2nd and continuing through Saturday, October 10th. Tickets: [www.Smuinallet.org](http://www.Smuinallet.org), or 415-978-2787.

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## Psst....Have you joined PTA?

By Carol Kocivar

More than one person has asked me why I still go to PTA meetings. Good Question!

After all, both my kids have already graduated from our public schools.

The answer is easy. And it has nothing to do with fundraisers or selling candy or sweatshirts.

It has everything to do with our commitment to our children and to the future of our community and our country.

It is parents—in communities throughout California and the United States—working together to improve the lives of all children.

*It has everything to do with our commitment to our children  
and to the future of our community and our country.*

More than a century ago, the first meeting of the California Home and School Child Study Organization occurred in San Francisco in 1897. That's right. Progressive from the start, San Francisco is the birthplace of the organization we now know as the PTA.

For more than a century, PTA has reminded our nation of its obligations to children and provided resources and important information to parents and teachers. Whenever young people's education, health, safety, or well-being were threatened, PTA members were on the forefront of working to resolve those challenges.

PTA has been instrumental in the passage of important laws and guidelines that we sometimes take for granted:

Creating a separate criminal justice system for juvenile offenders

- Enforcing child labor laws
- Building Kindergarten into the public school system
- Supplying federally funded hot-lunches — that now feed more than 26 million children a day.
- Supporting school bus safety regulations
- Creating the content-rating system for television programs — yes, PTA supported the creation of that ratings indicator you now see in the upper-left corner of your TV screen.

If you look up and down the streets of San Francisco, you can literally see the work of the PTA. The yellow crosswalks in front of our schools are the result of PTA advocacy.

- Small class size? Think PTA

From parent education to college fairs, from arts programs to field trips, from teacher appreciation events to health and fitness programs, mothers and fathers and grandparents and guardians are volunteering through the PTA.

Now, more than ever, we need to work together.

Now, more than ever, we need to remind our elected officials of our responsibility to children.

Everyone is invited. Just contact your local school to join PTA.

For more information about PTA, click on to [www.capta.org](http://www.capta.org)

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## New Harvey Milk Center Opens

By Marjorie Leet Ford/Photos Mark Luthringer

President Obama has awarded the late Harvey Milk the Presidential Medal of Honor. The California Legislature has proposed that May 22 be named Harvey Milk Day. And San Francisco has just opened the new Harvey Milk Center on Duboce Park. Of all the honors, the new recreation center may be the most enduring, because for generations it will tangibly and usefully enact Harvey Milk's values: "The American Dream starts with the neighborhoods." His inaugural speech on being elected to the Board of Supervisors in 1977 was titled, "A City of Neighborhoods."

The new structure, built on the bones of the original, mid-century modern building, has turned out to be one of the most beautiful and intelligently designed new buildings in the city. The architects, Lemanski & Rockwell, have created a "campus" of three buildings in one, each with a separate function — with windows everywhere, bringing in spectacular views.

"Our goal was to open the building to the park, and the park to the building," says Jean Lemanski. "We built The Grand Stair," says Peter Rockwell, referring to the huge staircase that extends from the building into the park. Jean Lemanski says they wanted the steps to be "an amphitheatre," where people could sit and take in the long sweep of lawn, the city and the bay, and the human and canine drama.

When you approach the entrance at 50 Scott Street, you seem to see right through the building — through two sets of glass doors, one on the street side, one on the park side. From the street entrance your view is the bay. When you step in from the park, you see a row of painted-lady Victorians — a postcard from the nineteenth century set in a twenty-first century frame. Both sets of glass doors can be folded open, accordion style, to make an open-air boulevard between Duboce Park and Scott Street.

Now, and probably for generations to come, neighbors from seniors to toddlers can get together for puppet shows and stories. For jazz, ballroom, and Brazilian dancing, there's a vast, polished maple dance floor. Teens from now into the future will use the Harvey Milk rehearsal rooms to practice Shakespeare and musical comedies. Choruses, glee clubs, and

the San Francisco Civic Orchestra can and will continue to perfect their performances there. In special rooms groups will hold meetings and events — helped by two stainless-steel equipped catering kitchens. There's even a very cool recording studio.

As a photographer, no doubt Harvey Milk's smile would stretch wide to see that the whole bottom floor houses fabulous new darkrooms with rows of developing sinks; 45 enlargers; a digital center; and a portrait studio with high ceilings, backdrops, and lights. This is the largest community photography center west of the Mississippi.

You don't have to live in the neighborhood to use and enjoy the new Harvey Milk Center. As he said, "The American dream starts in the neighborhoods." And this neighborhood center in the "City of Neighborhoods" is open to all the neighboring neighbors.



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FROM THE BORDER

GO OUTSIDE AND PLAY!

by Hilary Gordon / Photos by Blair Randall

My mother, who grew up in a small New England village, raised her kids with country culture, although we were in a quickly infilling suburb. When she had things to do, we were hustled out the back screen door to find our own way around the gardens, climb the trees, make forts under the shrubs, and pretend to be cowboys, superheroes, or pirates.

What makes a grown-up go outside and play? When my garden space is connected to my grown-up desires and values, it draws me outside. The garden may draw me outside because (yum) I want furry, pungent sage leaves to sauté in olive oil and drop into my white bean soup. It might draw me out to watch the drama of a hummingbird nectaring in the pineapple sage, dive-bombing and quarreling with any other hummer who might try to get a sip. Or I might want to watch my veggies, visibly bigger than yesterday, stretching out in the fertile, moist soil. (Photo: Flowering Maple, Abelia at GFE)

Food and flavor, wildlife, the sun and stars, all draw me outside. But what makes me wake up breathless with excitement is the eye-crossing beauty of the garden. It is more lovely to me than any artwork, because it is alive, fragile, and swiftly passing. The generous beauties of the garden may knock me out with a texture or color combination. But the next day, when I bring a friend to look, its perfection may be gone. The urgency, delight, and sorrow of time passing is more vivid to me in a garden than anywhere else.

This month in the Garden for the Environment we have seen many beauties come and go. In a mature garden where artists have been at work, the contrast and complement of one vista may peak, and make lovely sense, and then fade as something else wonderful happens. Here are a few visual moments that have arrived this month at the garden.

In the Southwest Gate of the garden, a shallow flight of wooden steps rises from the sidewalk between two enormous old Phormiums. Over a year ago, these elderly plants got a substantial division. We removed about half each clump, and then mulched them heavily. This summer they responded by producing their enormous, otherworldly flowers, which tower over passing pedestrians. The dramatic stems and bracts of these flowers are still standing, although the flowers have faded. (Bracts are modified leaves growing just below a flower. Sometimes they are more dramatic than the flowers themselves, i.e., Bougainvillea “flowers” are actually bracts.) (Photo: Salvia’s at GFE)

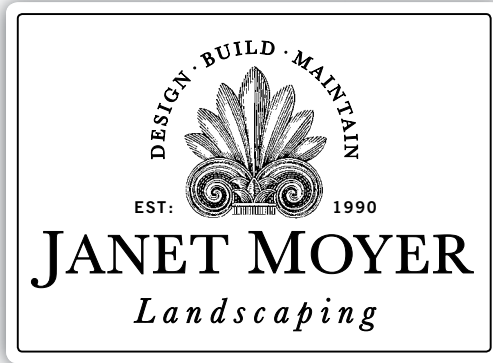
The Phormium on the right (if you are standing on the sidewalk) is variegated, with cream and pink tones in its leaves. These leaf colors with the deep reddish-brown color of the flower stalks look beautiful against the dark burgundy bracts of the flowering Abelia behind them. The delicate pink of the Abelia flowers on their arching branches also matches the pink in the Phormium foliage. Add to these the red bells hanging from the Flowering Maple and you have a color colony of burgundy, red, pink, and mahogany which created a glowing, shady room of color all through the month of August.

Enter the garden up the wooden stairs and turn left. Ahead on the left side of the pathway, Salvia Mexicana “Limelight” is earning its name. The bracts on the deep blue flowers of this salvia are a brilliant chartreuse. Right now, this Salvia is in full bloom, next to the large yellow flowers of our native Evening Primrose Oenothera Hookeri. Another blue flowering Salvia is weaving between them (Salvia Calacifolia) backed up by a wall of peachy Alstromeria. The neon yellows and clear dark blues of this color colony glow like lovers meant for each other.

At the Northwest corner of the garden’s exterior border is another colorspot, this time of pale lavenders and brilliant oranges. The promiscuous bloom of Lavatera Maritima is unstoppable now, and on the fence behind it, the Cup and Saucer Vine (Cobaea Scandens) is full of flowers that have a similar size and color, but a completely different shape. Between and in front of them, Cannas are gleaming with their tropical reddish-orange blooms, just starting now and planning to blow our minds for months. Among these, matching so well that it seems like a disguise, a young Salvia Conferta has begun its first flowering. (Photo: Salvia Mexicana “Limelight” at GFE)

All these groups of related shapes, textures, and colors, peaking together like a symphonic moment, will soon be gone. They will be replaced with some other intrigue of stem and petal and leaf. As the garden matures, and as the gardeners mature, the pace and transition of these effects will be refined, but it will never be exactly the same again. The thrill of the detective, of the artist, and of the lover wake me up early in the morning, and draw me to “go outside and play”.

Hilary Gordon is Perennial Plants Collection Manager at the GFE. A life-long gardener, trained at the City College Horticulture program, she has worked as a professional landscape gardener from 1984 until the present. Have a question for Hilary? Meet her in the garden Wednesdays 10-2 and Saturdays 10-4.



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YES on A

Proposition A will make needed reforms to the City’s budget process, requiring sound financial planning and multi-year budgeting. Join the Mayor, the Board, the City Controller, as well as business and civic organizations in supporting meaningful budget reform.



YES on C

Since 1996 the Recreation and Park Department made millions of dollars from naming rights for Candlestick. Your YES vote on “C” will again allow the city to receive funds from a stadium name agreement, restoring recreation programs and funding stadium maintenance.



YES on D

Mid-Market has been blighted for more than a generation. Proposition D would use revenue generated by re-constructing historic signs and marquees between 5th and 7th Streets, to encourage theater and arts groups to locate on Market, fund youth art programs and create a safe pedestrian area. Help revitalize Market Street, vote YES on “D”.



NO on E

If you like the new bus stops and news racks, vote NO ON E. Don’t cut money that flows to MUNI and sidewalk improvements. Proposition E stops the city from expanding our news rack and bus shelter programs and may prevent a planned bike sharing program.



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By Julie Behn  
www.JulieBehn.com

Sudoku-fun!

	1					4		9
	4				1	6		2
	8			4	5			
		1						7
				8	2	7		
8						2		
				9	8			7
3		8	1					2
4		5						3

**Rules:** Each puzzle is a 9 by 9 grid of squares divided into nine 3 by 3 square blocks, with some of the numbers filled in for you.

**The Object:** Fill in the blank squares in such a way that each of the numbers 1 to 9 appears exactly once in each row, column and block.

**Answer:** The answer appears aside..

8	3	1	2	7	9	5	6	4
9	2	6	4	5	1	8	7	3
4	7	5	3	8	6	9	2	1
5	6	2	9	1	4	7	3	8
1	9	3	7	2	8	4	5	6
7	4	8	6	3	5	1	9	2
3	1	7	5	4	2	6	8	9
2	8	9	1	6	7	3	4	5
6	5	4	8	9	3	2	1	7

BRAIN FUD

- True or False: Try your hand at the following Questions:**
- California grows more oranges and grapefruits than any other state.
  - The La Brea Tar Pits in Los Angeles are famous for their fossils.
  - Kansas City is located in two different states, one is Missouri and the other is Illinois.
  - Philadelphia is the capital of Pennsylvania.
  - The "D.C." in Washington, D.C. is Spanish for "New Connecticut"
  - The State that borders the largest ocean in the world is Florida.

- Answers to Brain Fud:
- False - Florida leads the way in growing oranges and grapefruit.
  - True
  - False - Kansas City is located in two states; Missouri and Kansas
  - False - Harrisburg is the capital of Pennsylvania
  - False - The "D.C." stands for District of Columbia
  - False - Washington, Oregon, and California border the Pacific Ocean (the world's largest)



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REMEMBER WHEN?



Can you guess where this was taken and when?

Written under photo: “Home Building following completion of Twin Peaks Tunnel”

Photo courtesy of the San Francisco History Center, SF Public Library

PHYLLIS’ FINDINGS

By Phyllis Sherman

LAD, HO

Single women are always complaining about the lack of interesting single men in the Bay Area. They say single guys are like parking spots...they’re either already taken or they’re handicapped. Well, I’ve got an idea for you single gals...the rest of you can stop reading now. Have you checked out Craigslist...women seeking men or men seeking women?



If you’ve got a few bucks and are planning to take a cruise...Craigslist has over 200 cities all over the world where men are seeking women. Let’s say you’re sailing out of Vancouver, Canada. Did you know that there are 30 men in Vancouver listing themselves on Craigslist searching for someone like you? I checked it out...specifying only the over 50 year olds. You could arrive in Vancouver a few days early, write to the guys in advance and have several dates set up before you take off on your cruise.

OK...if you don’t have time for Vancouver or are leaving from another city, check out where the liner makes stops. There are usually City tours lined up for passengers, but if you check out Craigslist for your port in advance, you might be able to have your new boyfriend show you around. I checked several foreign cities...and this is what I found out.

There’s a Russian lady in Seattle who’s put an ad for a boyfriend for her Mom who’s moving to Moscow...she wants a man who’s 50 to 63 and has inserted a photo of her Mom who looks more like 60 to 73. She said she’ll translate for her Mom who only speaks Russian.

In Buenos Aires there’s a 59 year-old guy who’s seeking a nice female. There’s an ad in Frankfurt put in by a fellow in Austin, Texas who is offering citizenship to anyone. In Berlin a man advertises that he likes German women. And in Amsterdam a 56 year old Dutch guy seeks relocation to wherever you live and he’d

Like to start another family. Here’s your chance! A 49 year old in Rose is seeking a big-breasted Italian woman to spoil him with money so he can race motorcycles. He’d like good cook also. So if you’re busty and can come up with a good spaghetti sauce, he might be the answer for you. Another 40 year old in Rome is seeking a Sugar Mommy. Don’t knock it til you’ve tried it.

I found five eligible men in Madrid, ten listed in Mexico City, lots of 40 year-olds in Shanghai (so what’s wrong with a younger man?) Cougars pay attention! There are twenty-two agile (hopefully) men in New Orleans...many still doing some Katrina relief work who need a female for some relief. This is just the surface of what’s available overseas and in the U.S. too. Of course if you’re visiting friends or family in Albany or Chattanooga or Mobile, Alabama, you’re on your own. I didn’t check out those cities, but who would want to visit them anyway...and what kind of eligible men would you find there? Good luck. I’d love to hear a report of your adventures and conquests.

If you haven’t visited the STONESTOWN FARMER’S MARKET (in back of Macy’s) I suggested you try

it. It’s open year round on Sundays from 9 to 1PM. Delicious and healthy food (and great samples) of all the nourishing food you should be eating. When you check it out, go visit Steve at the HOME CHEF PRODUCTS booth. He sells high quality sea salts and spices. I tried some Porcini infused salt that was unusual and not available in most super markets. Adds a lovely mushroom flavor to anything you use it on.. There are dozens of unusual ethnic spices, dry rubs and herbs from all over the world. You can also find them at [www.homechefproducts.com](http://www.homechefproducts.com). Worth a visit.

On the entertainment front...my most recent film was a delight....”MY ONE AND ONLY” with Renee Zellweger as a woman who drives down the Eastern Seaboard in search of a wealthy man to take care of her and her two sons.It take place in the 1950’s and is completely charming with terrific performances.

At ACT, England’s kneehigh Theater makes a wonderful local debut with the American premiere of director Emma Rice’s endlessly inventive two-hour show of a classic Noel Coward’s BRIEF ENCOUNTER. The vaudeville bits are hilarious and a creative cast walks in and out of film clips and song-and-dance routines which brings to life Coward’s memorable comic tale of a thwarted love affair in a 1930s raliway station cafe. It is thoroughly delightful and I could see it several times! Playing through October 11.

The arrival of long-awaited SOUTH PACIFIC by Rodgers and Hammerstein has finally come to the Golden Gate Theater.This 3 hour production features a 25 piece orchestra and tells of a challenged racist romance in the midst of World War II combat. I originally saw South Pacific with Mary Martin and Ezio Pinza many years ago but still appreciated the familiar, memorable music and it’s a not to be missed musical for theater buffs.

FIRST DAY OF SCHOOL by Billy Aronson is a hilarious sex farce at the SF Playhouse on Sutter Street. Comic absurdity, volcanic passions and even awkward silences are part and parcel in the hands of a talented ensemble and inspired design team .The director, Chris Smith, has done a spectacular job directing writer Aronson’s play with precision, imagination and power. Running through November 7, you’ll laugh your heads off! Susi Damilano (Producing Director) and Bill English (Set Designer and Artistic Director) have done it again!

END JOKES: Two mothers were talking about their sons. The first said, “My Patrick is such a saint. He works hard, doesn’t smoke, and he hasn’t so much as looked at a woman in over two years.”

The other woman said, “Well, my Francis is a saint himself. Not only has he not looked at a woman in over three years, but he hasn’t touched a drop of liquor in all that time.”

“My word,” the first mother said. “You must be so proud.”

“I am,” the second mother replied. “And when he’s paroled next month, I’m going to throw him a big party.”

Sadie goes to visit a fortune teller who is going to read her palm. After they sit down, the fortune teller holds the Sadie’s hand and reads, “My goodness. You have a very close relationship with someone who is going to suffer a violent death!” Sadie looks aghast and asks, “Will I be exonerated?”

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**Police** (Cont. from p. 3)  
captain, Dan Lawson. He defines community policing as “solving the issues of the community with the community.” Dan and I are on the Board of Directors of SF SAFE. SAFE has, for over thirty years, been the community outreach for the SFPD. SAFE has helped set up neighborhood watch groups and advised victims of crimes how to work with the PD to prevent or stop continued quality of life crimes in neighborhoods throughout the City. SAFE, naturally, is acting as the moderator for these meetings because of the groups’ long association with the general citizenry, the neighborhood activists and the police department.

This evolution of the police department has taken a large step forward with the appointment of Chief Gascon. The Police Commission and the current Mayoral administration have made commitments to undertake many of the changes that have been recommended. Community policing, proper staffing and supervision ratios, problem solving units and inspectors in the stations are a few of the changes. Better use of technology is also a focus.

San Francisco is in the heart of one of the most advanced technological area in the world yet the technology in the stations and with the officers is dismal. Crime mapping and computer analysis are the goal but right now the PD is moving into the 1990s. For example, as of last month every Ingleside officer has an individual e-mail account — think about that simple change for a minute. An officer comes to your house and takes a report, now you can communicate directly with the officer for follow-up. It’s a small change but it will improve the client service of the PD enormously. As we get started we will pick the low hanging fruit first then tackle the meatier issues. Stay tuned.

*If you have questions or comments contact me at [Jed@SFSafe.org](mailto:Jed@SFSafe.org). Jed Lane is a civically engaged Realtor, West Side native and current resident of Miraloma Park.*





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